

Introduction

Acupuncture is an ancient medical practice developed in China thousand of years ago. It is a method of balancing the body's energy channels, otherwise known as meridians. This is done by stimulating specific points on the skin with microcurrent (very small electrical current), ion pellets (tiny metallic beads), magnets, a laser, or by the insertion of needles. We provide several varieties of acupuncture, including the French energetic approach, Japanese scalp acupuncture, percutaneous electrical nerve stimulation (PENS), and ear acupuncture.

Acupuncture Needles

People experience acupuncture needling differently. Some patients feel only minimal discomfort as the needles are inserted, while most feel no pain at all. If an electrical current is applied to the needles, you may notice a tapping or buzzing sensation. All needles and filaments used in acupuncture treatments are sterilized, individually packaged and disposable.

Side-Effects

Most people do not experience any significant side effects. Sometimes symptoms associated with the original problem become worse, but usually for a period not exceeding a few days. More serious side effects are rare, and such potential adverse events are discussed prior to treatment.

Things to Remember at the Time of Treatment

Wear loose-fitting clothing with no or minimal jewelry. Within 6 hours before or after treatment do not: consume alcohol, engage in sexual

activity or strenuous exercise, or eat an unusually large meal. Do drink plenty of fluid for a day or two after treatment, unless a physician has prescribed fluid restriction. Continue to take any current prescription medication. Note that excessive caffeine intake or the use of recreational drugs will interfere with treatment effectiveness.

Frequency and Duration of Treatment

Acupuncture relies upon the body's natural wisdom to heal itself; therefore each person is treated on an individual basis, as no two people are alike. The number of treatments required depends upon the duration, severity, and nature of your complaint. For chronic (longstanding) conditions, the usual initial interval between treatments is 1-2 weeks. Acute (recent onset) conditions will likely require more frequent treatment, but fewer treatments overall, and the response should be quicker.

Conditions Amenable to Treatment

Acupuncture and related modalities can help promote wellness, prevent illness, and treat a wide variety of conditions including: headaches, back pain, carpal tunnel syndrome, sciatica, neck pain, rotator cuff problems, tennis elbow, osteoarthritis, irritable bowel syndrome, dyspepsia, asthma, sinusitis, allergies, menstrual problems, hot flashes, infertility, autoimmune diseases such as lupus and rheumatoid arthritis, anxiety, addictions (drug, alcohol), stress, depression, insomnia, dyslexia, learning disabilities, stuttering, acne, eczema, psoriasis, zoster (shingles), and other disorders. Moreover, they can be used for weight loss, and smoking cessation.

Fees / Insurance Coverage

Because acupuncture treatments range in price, we ask you to contact our office for more information. Please contact your insurance company before your first visit to see if and what kind of coverage you may have. If your insurance company has questions about our services, we can supply you with additional information to help answer them.

Background

Dr. Braun is a graduate of The American Academy of Acupuncture, UCLA, and Rutgers Medical School. He also holds a B.S. and M.S. degrees in chemistry. He is board certified in medical acupuncture and is licensed to practice acupuncture in the Commonwealth of Pennsylvania. Moreover, he is a fellow of the American Academy of Medical acupuncture, and teaches family medicine at a residency program in New Jersey.

Medical Acupuncture Services

William Braun, MD
Medical Acupuncturist

William Braun, MD
Board Certified Medical Acupuncturist
Inner Harmony WELLNESS CENTER®
743 Jefferson Ave., Suite 104
Scranton, PA 18510

Telephone: 570.346.4621
Facsimile: 570.346.5109

www.innerharmonywellness.com

**General Services Building
at Mercy Hospital
743 Jefferson Ave., Suite 104
Scranton, PA 18510
570.346.4621
www.innerharmonywellness.com**

